

# Super Seniors News *January 2015 Newsletter*

Dear Friends,

Happy New Year!!!

This issue of Super Senior News will be dedicated to making healthful New Years Resolutions. By setting one resolution for each month of the year, you can improve your chances of keeping them while improving your health at the same time.

Sincerely,

*Jacquelyn W. Gibson*

Jacquelyn W. Gibson  
Extension Faculty-FCS



**The Family & Consumer Science Program and the 4-H Youth Development Program has a New Home!!**

**New Location: Amelia Earhart Park**

401 East 65th Street  
Hialeah, FL 33013  
Phone: 305-769-4050  
Fax: 305-769-4052+

### **Staff**

Jacquelyn W. Gibson, FCS - [jwgibson@ufl.edu](mailto:jwgibson@ufl.edu)

Jeramy Smith - [antwan2014@ufl.edu](mailto:antwan2014@ufl.edu)

Cassandra Weston, 4-H - [crweston@ufl.edu](mailto:crweston@ufl.edu)

Shirley Bender, Secretary - [skbender@ufl.edu](mailto:skbender@ufl.edu)

**Happy New Year**



### **The Month After Christmas**

Twass the month after Christmas, and all Through the house

Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the egnog I would taste

At the holiday parties had gone to my waist.

When I got on the scales there arose Such a number!

When I walked to the store it was less a walk Than a lumber.

I remembered the marvelous meals I'd prepared;

The gravies and sauces and beef nicely rare,  
The wine and the rum balls, the bread and the cheese  
And the way I'd never said, "None for me please."

As I dressed myself in my husband's old shirt  
And prepared once again to do battle with dirt—

I said to myself, as only I can

"You can't spend another winter disguised as a man!"

So - - away with the last of the sour cream dip,  
Get rid of the fruit cake, every cracker and chip  
Every last bit of food that I like Must be banished  
Till all the additional ounces have vanished.

I won't have a cookie - - not even a lick.

I won't have hot biscuits, or cornbread, or pie,

I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore

But isn't that what January is for?

Unable to giggle, life's no longer a riot.

Happy New Year to all and to all a good diet!

~Author Unknown

### Go for Goals in 2015

Clearly stated goals provide focus and motivation for helping you be your, healthy best. Plan for a year of improvement by setting some realistic and achievable wellness goals—stay motivated throughout the year by rewarding yourself for meeting milestones along the way.

- Make goals specific and measurable. For example, "Exercise five days a week for at least 30 minutes" instead of "Get more fit."
- Write down your goals and keep them visible.
- Track your progress in a calendar, planner, or journal.



### 2015 Healthful Goal Guide

What kind of goals are you setting?

### Unrealistic Goals:

Don't jump the gun and ask too much of yourself. If you do this, you'll be starting down an unsustainable and unhealthful path.

Make sure the unsustainable goals below aren't on YOUR list. . .



- Exercising every day.
- Never go out to eat.
- No snacking or desserts.
- A strict diet that eliminates macronutrients or whole food groups.
- Skipping breakfast or lunch daily.

Choose realistic goals instead! Here are some examples . . .

### Realist Goals:

Realistic goals can be challenging, but should be achievable. Look for ways to improve your lifestyle, diet, and activities. Not all at once, mind you. Start slowly and keep steady.

How? Try one of these . . .

- Losing 1-2 pounds per month.
- Exercising for 5-6 days per week.
- Try new-to-you healthful foods.
- Find satisfying, low-calorie snacks.
- Reduce portion size at meals.
- Follow MyPlate's advice: enjoy your food, but eat less of it.

So, what'll it be? **What's your goal for 2015?** How will you achieve it?

---



---



---



---



---

Source: © Food and Health Communications, Inc  
www.foodandhealth.com

## New Year's Resolution Calendar



At the stroke of midnight on December 31, millions of Americans will resolve to start eating better and/or lose those extra pounds they are carrying around. But within a few days or weeks, most will have given up.

This year, take a systematic approach to those nutrition-related resolutions. Instead of resolving to “eat better and lose weight,” set one resolution for each month throughout the year. This can improve the chance that your resolutions are kept and that they actually turn into new and healthy habits. By Beth Fontenot, MS, RD.

### January

Reduce your intake of artery-clogging saturated fat by switching from whole milk and dairy products to low-fat or nonfat milk and dairy products. This includes sour cream, yogurt, cheeses, and canned milks as well as milk.

### February

Increase your intake of fruits to two to three servings a day. Make it as easy to reach for a piece of fruit as it is to reach for a cookie by keeping a bowl of fresh fruit on the kitchen counter. Use canned or dried fruits for snacks on the go. Eat vitamin C-rich fruit like oranges, strawberries, or kiwi everyday.

### March

Increase your intake of vegetables to three to five servings a day. 3 to 4 times a week, choose dark green, deep yellow and orange vegetables such as romaine lettuce, spinach, broccoli, sweet potatoes, and carrots.

### April

Instead of high fat, high sugar snacks, choose foods like whole grain crackers, low-fat popcorn, pretzels, rice cakes, popcorn cakes, and graham crackers. Of course, fruits and veggies are excellent choices as well.

### May

Reduce your intake of saturated fat and cholesterol by eating at least one meatless meal each week. Plan menus that include pasta dishes, bean dishes, whole grain breads, a variety of fruits and vegetables. Baked potatoes which are easy to make can function as the entrée. Vegetarian chili is another option.

### June

Limit your intake of sodium. Choose “low salt” or “no salt added” versions of foods such as crackers, nuts, canned vegetables, soups, and soy sauce. Use less salt in cooking, and don't add salt to food at the table.

### July

Reduce your intake of fat by limiting fried foods to once a week or less. This includes fried meats, French fries, fried cheese, chips, grilled sandwiches, cheese curls, and fried vegetables.

### August

Boost your fiber intake by starting the day with a bowl of high fiber cereal. Look for cereals that have at least 4 grams of fiber per serving. Increasing your intake of fruits, vegetables, beans and whole grains will also help increase your fiber intake.

### September

Reduce your risk of osteoporosis by including good sources of calcium in your diet. Low-fat or nonfat milk or yogurt are the best sources of calcium. However, foods like leafy green vegetables, figs, beans, and salmon and sardines with the bones are good sources as well.

### October

Eat fish at least twice a week. Fatty fish, such as salmon, mackerel, trout, sardines and herring contain omega-3 fatty acids which appear to reduce the risk of heart disease.

### November

As the holiday season approaches, begin practicing low-fat cooking techniques. Look for ways to modify your favorite recipes to lower the fat and calorie content. Attend healthy cooking classes that may be offered at hospitals in your area.

### December

The holiday season is upon you. Try to maintain your weight by sticking to a consistent exercise schedule and limiting high calorie foods. As you look back over this year, you will have now developed 12 new healthy eating habits to make you healthier for many years to come.

## 12 Shopping Steps for the New Year

Complete 1 New Year's Resolution  
Each Time You Shop



1. **5 veggies per cart.** Many people fly through the store and pick up packages of “snacks” and prepared foods and they forget veggies. Buy at least 5 and use them up by the end of the week.
2. **5 fruits per cart.** See if you can buy more fruit and have more fruit on hand than crackers, cookies, snack bars and chips.
3. **Compare sodium.** Take a few weeks to start reading food labels and see if you can collect more items that have 5% or less of the daily value for sodium or say no added salt.
4. **Make it.** Use one week to make food from whole ingredients and cook more recipes from scratch. See how easy it is to skip “let’s eat out.”
5. **Beans.** Make a meal each week that uses dried beans. Buy some and then find or make favorite recipes.
6. **Kitchen makeover.** Good cutting board, good knives, more measuring cups and spoons. This doesn’t mean expensive, it just means you start collecting the right tools so it is easier to cook.
7. **Healthy pantry.** Do you need to add more whole grains, better cereals, brown rice and pasta? Take stock of your pantry and shop for these items once a month.
8. **Protein better.** What about lean poultry, fish, beans or nuts? Eliminate fatty red meats and processed items that are high in sodium and chemicals.
9. **Beverages without sugar.** Focus on buying items that are low in calories and without added sugar.
10. **Herbs and spices.** Look at our best list below and start collecting these in your shopping cart.
11. **Potatoes.** Buy several different kinds and find great low-fat ways to serve the real thing.
12. **Condiments and dressings.** Go for low sodium and higher flavor so you have a good collection of these. See our list below.

## 10 Herbs and Spices Every Kitchen Should Have:

1. Black pepper
2. Garlic parsley mix
3. Italian Seasoning
4. Chili powder
5. Cinnamon
6. Bay leaves
7. Cumin
8. Coriander
9. Nutmeg
10. Apple pie spice



### Best Low-Sodium Condiments:

Salt-free ketchup, flavored vinegars, lemon and lime, lowfat dressings and marinades, low sodium sauces.

Source: [communicatingfoodforhealth.com](http://communicatingfoodforhealth.com)

Foods that *slow down* aging  
By Joan McMahon



What you eat can make you look younger and prevent heart disease, relieve arthritis, and boost brainpower.

If we want to drop five pounds or tackle our cholesterol, most of us know the game plan: Watch the fat, up the vegetables, and turn Rocky Road into a treat, not an entitlement. But how many of us know which foods may limit our risk of future senility? Or prevent stroke, osteoarthritis, and other diseases of middle age? According to scientific research you can now eat in a way that slows aging and most of the star performers are already in your kitchen. Using the following checklist, work these superfoods into your diet.

**Beans . . . How they keep you young.** This low-cost food is loaded with heart-healthy folic acid and



fiber to keep you slim, plus it's an impressive source of complex carbohydrates. Beans deliver potassium and magnesium; minerals that help control blood pressure. They're also digested slowly and enter the bloodstream gradually, which minimizes the spikes in blood sugar that can lead to kidney problems and vision loss. **Aim for** one half cup, four times per week.

**BERRIES... How they keep you young.** Researchers theorize aging may involve two groups of molecules: free radicals, which are toxic, and antioxidants, the body's defenders. Pigments that give fruits their colors are loaded with antioxidants and the more colorful the more protective the food. Berries, in their vivid shades of blue, deep purple, and red stand out. **Aim for** one half cup, several times per week.



**BROCCOLI... How it keeps you young.** This member of the cabbage family may be your most powerful cancer-fighting food. Broccoli and its cruciferous cousins (Brussels sprouts, cauliflower, cabbage, and kale) team with phytochemical substances that can trigger cells to produce cancer-fighting compounds. Best bets are Brussels sprouts, cauliflower, cabbage, kale, and broccoflower. **Aim for** one serving (one cup raw or one half cup cooked) daily.



**CITRUS FRUITS.... How they keep you young.** Many people eat citrus fruit to help them hit their Vitamin C quota, a time tested way to ward off infections. But there's more to these nutrient-rich powerhouses than that. One study found that osteoarthritis was less likely to progress and less likely to be painful in people with high intakes of C: another linked low C levels in the blood with a higher prevalence of gallbladder disease. **Best bets** are oranges, grapefruits, tangerines, lemons, and limes, plus the lesser-known such as kumquats and tangelos. **Aim for** one serving (size of a medium orange) daily.



**FAT-FREE MILK... How it keeps you young.** You probably know that calcium guards against osteoporosis-induced brittle bones. What you may not realize is that this mineral may also deter middle-aged spread. "If your calcium intake is low, you release a hormone

that prompts the body to make more fat, and to break down less fat." Milk, unlike many supplements or other dairy products, is fortified with vitamin D, essential for absorbing calcium and turning it into bone. (We can absorb D from food and produce it from sunlight, but do so less efficiently as we age.) **What are the Best Bets?** If you're not a milk drinker, substitute fat-free or reduced-fat yogurt or cheese; lactose-free versions of these food are equally as nutritious. **Aim for** three to four servings daily. For milk, one serving equals one cup (only 90 calories); a serving of yogurt is one cup; and a serving of cheese is equivalent to one ounce, or about the size of two saltine crackers.

**FORTIFIED WHOLE-GRAIN CEREAL... How it keeps you young.** These cereals don't have toys tucked inside the way their sugar-loaded competitors do. But as an excellent source of whole grains they contain a much more valuable prize: lower risk of heart disease, stroke, diabetes and some cancers. Choosing these cereals as one of the three servings of whole grains recommended daily may also help fight one of the major concerns of aging, extra pounds. A cereal industry study shows that women who eat cereal for breakfast frequently (more than seven times in 14 days) weigh an average of eight pounds less than those who don't. And eating cereal fortified with vitamin B12 means you're less likely to be deficient in a nutrient that's critical in forming new brain cells-the kind necessary for short-term memory. **Best bets** are Cheerios, Wheat Chex, All-Bran, Grape-Nuts Flakes.

**LEAN RED MEAT... How it keeps you young.**

Many women have cut back on their consumption of beef, concerned that it is marbled with fat and linked to cardiovascular disease. But in the process, they were left lacking in certain vital nutrients, such as zinc. Zinc deficiency weakens the body's ability to ward off bacteria, viruses, and carcinogens. But a single three-ounce portion of lean red meat provides more than 50 percent of the RDA of zinc, an amount equal to 12 individual-size cans of tuna. **Best bets** are flank steak, top sirloin steak, deli roast beef, cuts with loin or round in the name. **Aim for** three ounces (about the size of a deck of cards), two to three times per week.



**NUTS... How they keep you young.** Nuts have great cardio protective powers. Yes they are loaded with fat (accounting for about 85 percent of their calories), but it's the healthy, unsaturated kind of fat that helps lower your levels of bad cholesterol (LDL). A recent Harvard study found that women who consumed more than five ounces weekly decreased their risk of heart disease by 35 percent. Nuts also contain components that keep arteries elastic. **Best Bets** are almonds, rich in vitamin E; cashews, which can prevent copper deficiency (linked to cardiovascular disease); pecan, which are high in gamma-tocopherol, a relative of Vitamin E. **Aim for** one ounce (about a handful) five times per week.



**SALMON... How it keeps you young.** Salmon, a supermarket superstar, shares benefit with others high fat fish from cold waters. All are rich in omega 3, a fatty acid well known for its cardio protective abilities; maintaining a steady heart rhythm; reducing elevated levels of triglycerides and thus the risk of heart disease; and discouraging platelet clotting, which can lead to stroke. In fact, a recent study found that women who ate oily fish five times per week cut their stroke risk by almost half. The multitasking omega-3 may even ward off mental maladies. The brain (which is 60 percent fat) needs omega-3 to line cells and build tissue, without it, you're at a greater risk of depression. And because omega-3 acts as an anti-inflammatory, it may protect against disease with an inflammatory component, such as Alzheimer's. **Best bets** are salmon, sardines, mackerel, herring. **Aim for** at least three ounces, twice per week.



**SPINACH... How it keeps you young.** It is no coincidence that Popeye didn't wear glasses. Spinach and other leafy greens are abundant in lutein and zeaxanthin, antioxidant plant pigments that seem to fend off age related macular degeneration (AMD), and incurable eye disease that strikes one out of every five seniors. A national Institutes of Health study revealed that people who ate two to four weekly



helpings of these vegetables reduced their risk of developing AMD by nearly 50 percent. Researches speculate that lutein and zeaxanthin, which accumulate in the eye, filter out damaging ultra-violet light and defend the retina against harmful free radicals. And preliminary research suggests that a diet rich in lutein and zeaxanthin also offers protection against cataracts. **Best bets** are frozen, fresh, or canned spinach; arugulas, kale, chard, turnip and collard greens, escarole, and parsley. **Aim for** one serving (about one cup raw), four times per week.

### Fiesta Skillet Dinner

Servings: 5 Servings Size: 1 1/2 cups Per Serving: \$1.26 For more recipes and shopping tips please visit our website:

[www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings)

### Ingredients:

1 cup prepared brown instant rice (1/2 cup uncooked)  
 1 can (15.5 ounces) Mexican style tomatoes  
 1 can (15.5 ounces) black beans, rinsed  
 1 cup frozen corn  
 1 tablespoon chili powder  
 2 cups cooked diced chicken  
 1/2 cup 2% reduced fat cheddar cheese, shredded



### Directions:

1. Prepare the brown rice according to package directions.
2. While the rice cooks, mix the tomatoes, black beans, corn, chili powder, and chicken in a large skillet. Cook over medium heat until heated through.
3. Add the cooked rice and stir thoroughly. Top with shredded cheddar cheese.
4. Serve hot.

## Being Physically Active Can Improve Your Health

Here is how to track your physical activity.

1. Set a goal for yourself and write it in the box.
2. Count the number of times, or the number of minutes, that you are physically active.
3. Write your daily total in the corner boxes.
4. Compare your monthly total to your goal.



Weekly Fitness Totals		
FITNESS GOALS	Number of days	Number of minutes
My weekly goal		
Week #1		
Week #2		
Week #3		
Week #4		
Week #5		